



BIEG NA 5KM GLIWICE

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Event: IX PKO PÓŁMARATON GLIWICKI
Organiser: Fundacja Bieg Rzeźnika
Date: 2023-10-08
Place: Gliwice
Distance: 5 km

Classification: M-40

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5.14km	Czas brutto 5.14km	Gap	Pace min/km	Pace km/h
1	STANISZ Marcin	5133	GÓRAL Z MAZUR RUNNING TEAM / NIGHT RUNNERS PYSKOWICE	M-40	1	00:00:01	00:18:35.00	00:18:36.35		3:36	16.6 (100%)
2	HALMAN Tomasz	5032		M-40	2	00:00:01	00:20:18.40	00:20:20.05	+00:01:43 (8.5%)	3:56	15.2 (91.6%)
3	SADŁO Tomasz	5140	MOMO RUNNING TEAM - SĘDZIA BIEGA	M-40	3	00:00:02	00:20:42.75	00:20:45.50	+00:02:07 (10.3%)	4:01	14.9 (89.8%)
4	GEC Sebastian	5102		M-40	4	00:00:15	00:23:48.20	00:24:04.10	+00:05:13 (21.9%)	4:37	13 (78.3%)
5	OLEARCZUK Grzegorz	5135		M-40	5	00:00:04	00:23:53.70	00:23:57.95	+00:05:18 (22.2%)	4:38	12.9 (77.7%)
6	RYMASZEWSKI Dariusz	5124	SSM	M-40	6	00:00:03	00:24:57.55	00:25:01.45	+00:06:22 (25.5%)	4:51	12.4 (74.7%)
7	OGON Leszek	5137		M-40	7	00:00:11	00:25:44.65	00:25:55.95	+00:07:09 (27.8%)	5:00	12 (72.3%)
8	SZTWIERTNIA Tomasz	5077		M-40	8	00:00:05	00:25:47.40	00:25:53.05	+00:07:12 (27.9%)	5:00	12 (72.3%)
9	KOWALSKI Bartosz	5079		M-40	9	00:00:03	00:25:56.95	00:26:00.85	+00:07:21 (28.4%)	5:02	11.9 (71.7%)
10	CIESZYNSKI Marcin	5086		M-40	10	00:00:10	00:27:50.05	00:28:00.75	+00:09:15 (33.2%)	5:24	11.1 (66.9%)
11	PARUZEL Marcin	5099		M-40	11	00:00:02	00:28:26.55	00:28:29.15	+00:09:51 (34.7%)	5:31	10.8 (65.1%)
12	URBANEK Martin	5100	ISTA BIEGAMY	M-40	12	00:00:12	00:28:58.50	00:29:10.85	+00:10:23 (35.9%)	5:38	10.6 (63.9%)
13	BORC Jacek	5116		M-40	13	00:00:04	00:29:28.75	00:29:33.30	+00:10:53 (37.0%)	5:43	10.5 (63.3%)
14	ROŻEK Rafał	5053	#HUTATEAM	M-40	14	00:00:17	00:29:41.55	00:29:59.40	+00:11:06 (37.4%)	5:46	10.4 (62.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5.14km	Czas brutto 5.14km	Gap	Pace min/km	Pace km/h
15	KLOZA Mariusz	5096	HUTATEAM/NRP	M-40	15	00:00:10	00:30:30.45	00:30:40.80	+00:11:55 (39.1%)	5:56	10.1 (60.8%)
16	GOLONKA Wojciech	5125	SSM	M-40	16	00:00:05	00:31:12.25	00:31:17.90	+00:12:37 (40.4%)	6:04	9.9 (59.6%)
17	LEGIEŻYŃSKI Krzysztof	5020		M-40	17	00:00:04	00:33:22.80	00:33:27.35	+00:14:47 (44.3%)	6:29	9.2 (55.4%)
18	KULCZYCKI Tomasz	5111	GLIWICKA INICJATYWA OBYWATELSKA	M-40	18	00:00:13	00:34:25.55	00:34:39.35	+00:15:50 (46.0%)	6:41	9 (54.2%)
19	PELIŃSKI Paweł	5094	OASIS SPORT TEAM	M-40	19	00:00:16	00:34:32.90	00:34:49.05	+00:15:57 (46.2%)	6:43	8.9 (53.6%)
20	JAWORSKI Kamil	5003	FUCHS OIL TEAM	M-40	20	00:00:13	00:38:03.50	00:38:16.85	+00:19:28 (51.2%)	7:24	8.1 (48.8%)

Total 20 results.